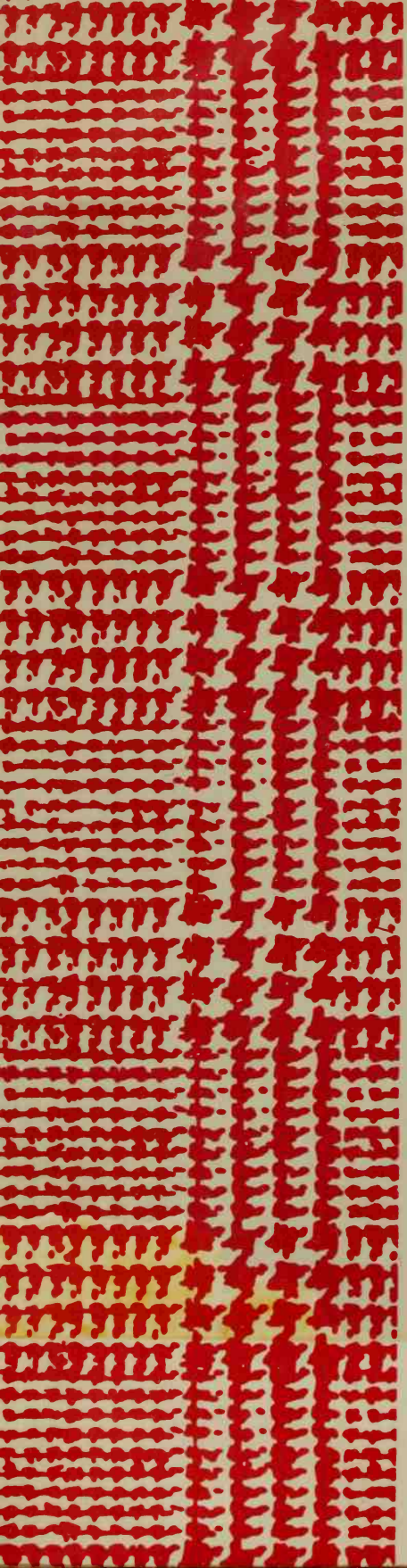


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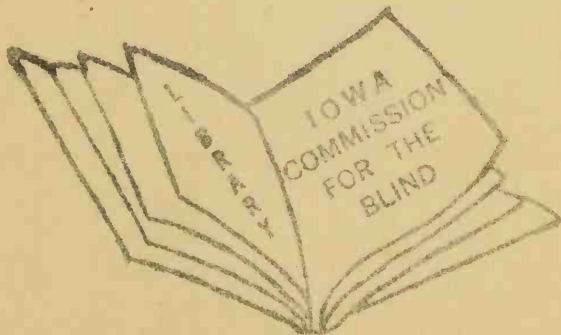
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A handbook for the blind and
their friends.



A Handbook
FOR
The Blind and Their Friends

BY WINIFRED HOLT

THE
LIGHT WHICH CANNOT FAIL
True Stories of Heroic Blind Men and Women

WITH AN INTRODUCTORY LETTER BY
THE RIGHT HONORABLE VISCOUNT BRYCE

AND A PREFATORY NOTE BY

JOSEPH REINACH

NEW EDITION

With New Anecdotes of MARSHAL FOCH
and GENERAL PERSHING.

A book of stories of the blind, stories of the rebuilding of shattered lives, stories full of poetry and sympathy and courage, stories rich with life's deepest emotions—with despair, laughter, faith, endurance, cheerful defiance and unbittered tenderness.

The scenes are in America and abroad during and after the World War.

E. P. DUTTON & COMPANY

A Handbook
FOR
The Blind and Their Friends

REPRINTED FROM
The Light Which Cannot Fail

BY
WINIFRED HOLT *Mather*
AUTHOR OF "A BEACON FOR THE BLIND," ETC.



*Whosoever of you will be the chiefest
shall be the servant of all.—Mark x, 44*

NEW YORK
E. P. DUTTON & COMPANY
681 FIFTH AVENUE

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PREFACE

I have said in the Preface in the first book of "The Light Which Cannot Fail" much that I felt needed saying, and I have recorded the stories and corroborative documents, of the American, French and Italian Lighthouses. I believe that they will be helpful psychologically, as well as interesting, because they are true stories of the Blind and their successful battle with the dark, to those who have lost their sight as well as to their friends. This little handbook, which was originally included with the stories, has been separated from them in the hope that in its more concrete form it would be a more useful and accessible companion to Tiphlophiles, which, I am informed, means lovers of the Blind. As I am only one very modest person it is, alas! not in me to say in a small compass all I wish to say and feel for my dear friends the Blind. But it is my privilege to be associated with many great friends of the Blind of profound learning and kindness like Mr. Edward E. Allen, the Director of Perkins School and Institute for the Blind, Boston, Massachusetts. He not only is the wisest friend of the Blind but, he has the greatest library concerning them in the world. My associates also include the Committees,

the Directors, the gallant Crews, Passengers and Company of our Light Houses which numbered, at one time, nine. And, if there is anything that any blind man, woman or child wants to know about the Blind, if they ask questions at Light House No. 1, 111 East 59th Street, New York, or of the Phare de France, 14 rue Daru, Paris, France, or of the Faro d'Italia, 147 Via Quattro Fontane, Rome, Italy, and do not get a satisfactory answer, I wish they would give me a chance, care of Light House No. 1, to do my best to supplement my sins of omission. I would also be very grateful for any suggestions or criticisms from any of my readers, for all of the Light House folk seek to serve as best they can to give Light to the Blind.

THE AUTHOR.

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A HANDBOOK FOR THE BLIND AND THEIR FRIENDS

I

PSYCHOLOGY, PERSONALITY AND TREATMENT

I. FIT THE BLIND FOR THE WORLD

Do not segregate the blind! Fawcett, the blind Post Master General, said, "Don't wall us up!" From time to time recently the antiquated plan of walling up the blind in institutions and permanent homes has reappeared in various countries together with the suggestion of colonies of the blind. There is nothing new and nothing admirable in these ideas. Helen Keller has said that the institutions for the blind to which we now point with pride will later remain as monuments to our ignorance and the useless suffering which we have imposed. In America there was once a colony for the blind. It led to such disastrous results that the buildings were burned down, and expenses paid to have the colonists returned to their homes. The late Queen of Rou-

mania made a similar attempt at a settlement for the blind. Segregation of any handicapped class usually leads to lamentable results.

The only way to dispose satisfactorily of the problem of the blind is to educate them and whenever practicable to send them home so that they can take a normal, useful and contented part in the work and play of the community. There are not enough blind to try to create an independent world for them. Any effort to do so, like all other efforts to create an artificial world, leads to abnormal and hence to undesirable conditions both from an economic and from an hereditary point of view. As far as possible, *fit the blind for the world!* That is the problem of *their* existence—as well as ours.

2. THE INDIVIDUALITY OF THE BLIND

Remember that blindness does not create a class in any respect beyond the possession of a common affliction. On the contrary, it emphasizes individuality instead of doing away with it. The blind man and woman must form their picture from a hundred details which they substitute for sight. In most other respects they are sighted people in the dark. They still have the tastes, desires, ambitions and passions of the seeing. Their calamity has not done away with personality or egoism. Probably these have been accentuated by abnormal conditions.

3. THE POINT OF VIEW OF THE BLIND

Think how important it is to take the other person's point of view! It is particularly important to *look at things from the blind man's point of view*. The blind gather their impressions of you largely from what you say, the sounds you make, the tones of your voice, and your motions, perhaps at times, from the perfumes, the powder, the soap or the shoe blacking which you use. If you fidget or scrape your chair or squeak your shoes, the blind man will hear you and draw his own keen conclusions about your personality. He can often tell the age of a person quickly. This, no matter how carefully a coquettish spinster may try to *camouflage* it!

4. YOUR VOICE

Don't forget that a soft low voice is an excellent thing *in everyone*. *If your voice is loud, harsh or nasal*, or for any other reason unpleasant, you will have to overcome it before you can make the best impression on a sensitive sightless person. The blind will weigh what you say not by your words alone, and will probably get at the fundamental truth of what you mean even if you do not wish them to. If you are ill, you may tell the blind you are well, but you will rarely deceive them. Honesty is always much the best policy, but especially so with the blind. They have a direct vision of their own.

One usually likes or dislikes a person according to the first impression. The blind are no exception to this rule. Indeed, they are much quicker than the sighted to "size up" people and much slower than others to forget a bad first impression. Therefore, special care in the use of your voice, in the matter of poise and quiet is the first step in creating friendship. Unfailing tact and sympathy should be your passports to the hearts of the blind.

5. NOISES

Near the blind, noises—banging doors, objects falling to the floor, jarring bells, discordant laughter, loud voices, in fact all *cacaphoni* or unlovely sounds—should be avoided. All who wait on the blind should eliminate squeaking, groaning shoes, and be taught in all ways to be gentle, to avoid slamming dishes or rattling crockery. Avoid startling the blind by coming on them suddenly without warning. For example, the blind at the Lighthouse made strong objection to an otherwise admirable assistant because they said, "he wears rubber heels and we never know he is coming." A friendly word of greeting to herald his advent would have obviated such criticism.

A delightful French writer says that the ostentatious blowing of the nose is absolutely in inverse ratio to the modesty of the blower. It is to be recommended especially that, at least in the presence

of the blind, thoughtless people do not trumpet their colds too loudly or clear their throats in raucous fashion. These minutiae may seem absurd but what difference does that make if one may add to the comfort and the well-being of even one blind person?

6. DRAUGHTS

The suggestion of colds makes it logical to note here that, apart from closing doors quietly, the friends of the blind should be careful always to leave doors in the positions in which they found them. If the blind person is busy, he will, perhaps, not "see" that the door is closed until he senses a physical discomfort which makes him wonder why the fresh air has suddenly been barred. Or, if the door is left open, he will wonder why he has perhaps a violent pain in the wound which cost him his eyesight. The thoughtless visitor will thus have made him rise and patiently close the door which gave entry to the draught, reminding the absorbed worker, happily oblivious for the moment, again of the tragedy of his blindness.

7. ODORS

Think of this important element in the life of the blind; it is not apt to occur to the inexperienced sighted person. *Smell plays a very important part in the blind man's world.* Odors which pass unperceived by us are often a means of infallible classifica-

tion for the blind. I have seen Helen Keller take two pairs of gloves which to me were identical and immediately hand one pair to her friend and keep the other herself. She had instantly noticed the difference in aroma.

By this subtle means, the highly sensitive blind can classify us with an astounding degree of accuracy. To them the odor of unaired clothes, sweat, and, perhaps beer might designate an indoor laborer. Fresh air, clothes, a pipe, perhaps a whiff of newly-turned earth may denote an out-door laborer. Pomade, patent leather, broadcloth, kid, meant a gentleman of leisure. The smell of mud, leather (not patent or blacked), metal, waterproof, suggested an officer on duty. Linen and talcum powder suggests to the mind of the blind a nurse. Furs, violets, kid, perfumes, powder, bring a mental picture of an actress, or a fashionable dame.

8. TOUCH

We know, of course, that *the realm of touch belongs peculiarly to the blind*. If they are properly guided they usually find their eyes on their fingertips, and discern through them gradations unapparent to the seeing. Even the sighted man often closes his eyes to see more clearly. Sculptors sometimes shut their eyes to note an otherwise imperceptible transition from one plane to another—as in the delicate modelling of the face of a child. I

have known a distinguished surgeon to close his eyes after operating as he tied the knot on which depended the life of his patient. The matter was too vital to trust to his sight!

9. HUMOUR

Remember that in blindness, as in everything else, *humour will often save the situation!* Cultivate your funny bone and help the blind to cultivate theirs. I know a man who lost his sight, and with it his faith and self-respect. A seeing friend gave him a bit of her kid glove with which "to polish up his funny bone and his ideals." He is now a leading citizen in the community: his rubbed-up sense of humour saved his soul.

A Mighty Chick

Among the pupils of the French Lighthouse there was a blind soldier who was profoundly despondent. He was presented for Easter with a fuzzy little yellow toy chicken. He treasured it in his dormitory lovingly, placing it next to his framed citation telling of his great heroism. Each week a miracle took place, the cotton chicken grew larger and larger! The blind man, amused and mystified, showed the growing pet to the *la Gardienne* who was apparently innocent of the magic. One day a shout came from the blind man's room. "It is alive!" he exclaimed, and, holding a small, living chick in his

hand, he came running to the Lamp-Room. The chicken was promptly baptized in the fountain, the blind soldiers standing around as witnesses to the naming of "Caroline."

Caroline waxed apace, and with each sprouting feather, the joy of the blind soldiers in their pet increased. As Caroline grew to be a formidable fowl, she became a regular part of the life of the Lighthouse. Her fluttering arrival on the table where a blind captain was taking a lesson in Braille, annoyed the teacher, but the Captain, smoothing her feathers explained, "Oh, pardon, Madame! This is our Caroline; she reads Braille with her claws as well as I do with my fingers. You see she has never read any other way!"

The moral effect of the inception and incarnation of Caroline on these heroes blinded in battle was by no means small; she was the humble feathered means of stirring their humour into new activity and hence giving to them new interest and life.

The "Hanging Committee"

Each pupil offers an individual problem. The blinded Jacques, another French pupil, represents a case of psychology and a cure which, without knowledge of the conditions which caused his blindness, would not have been probable. Jacques was convinced that his reason was being undermined by the haunting vision of the explosion of the shell which had killed his friends and taken his own eyesight.

"It haunts me, it drives me mad," he cried. "Whenever I am not answering questions or working, the ghastly picture arises before me again."

"What else do you remember?" queried his teacher. "What do you remember that you loved before the explosion?"

"My wee niece," said he, brightening. "She was so pretty. I loved to look at her with her curly hair and her big blue eyes, and she was so fond of flowers; she always had them with her."

"Ah!" replied his teacher, after reflection, "you must join my hanging committee! Promise me that, whenever that horrid picture of the catastrophe presents itself you will force yourself to unhang it, to push it away and to put it in the rubbish heap. Hang in its place the picture of your little niece with her sweet face, her curly hair, and the flowers which she loved."

"I fear that it would not be possible," said the blind man; "but I will give you my word that I will try. I will do my best."

He did his best. By sheer force of will he banished the hideous vision. By substituting for it the face of a child, he saved his reason. He became one of the most efficient graduates of the Lighthouse and won for himself honors in blindness of which any sighted man might well be proud.

10. BEWARE OF THE BORE

Never be a bore, but with the blind it is absolutely essential not to be one. Remember that you can bore them more readily than seeing persons. A blind man's mind will often be more impressed by a mere suggestion than a seeing person's by a sermon. *Remember that the blind remember.*

A harsh voice, a constant odor, no matter how sweet, palls. A too frequent sound, no matter how beautiful, tires. The sweetest experience if too oft repeated may cloy, the memory of being bored or exhausted, remains. It is a fatal mistake to allow your blind friend to be tried by what should have been a wished-for pleasure among his limited joys. If you do this you have lost a great asset. You may with time and patience regain it; but you may never be able to recover it, try as you will.

An Offending Nightingale

This point is well illustrated by a blind professor of Cambridge. A nightingale in the college cloister was filling the air with song. At last its exquisite notes, repeated ceaselessly, became intolerable. The blind man, irritated beyond endurance, seized his soap and hurled it at the offending songster, putting him to flight. Later the professor wanted his precious soap and groped for it in the garden; a friend inquired what he was looking for in the bushes and on the grass, and the searcher called out: "Come

on, won't you, and help me to find my soap? I shied it at a nightingale!" This tale is told of Fawcett who was the kindest of human beings and very fond of music, but too much even of a nightingale's song was more than he could bear.

II. TACT

Never be hasty, no matter how firm you are. To be patient does not mean to be sentimental or patronizing. First, be sure that the man knows of his blindness: then speak directly, frankly about it, using ordinary tact. *Never use the third person* when speaking of the blind who are present. Avoid offensive queries such as: "Does he see at all?" "Does he eat?" "Can he work?" Blind people are quite as sensitive as the rest of us to being treated as if they were imbecile. Accept blindness as a misfortune, later to be reduced to an "inconvenience" as a blind member of Parliament finely called it. By so doing, teach your blind man to take it as a matter of course. Never pity him or let him degenerate into self-pity. If possible, he should look on his handicap as a spur to urge him to feats of patience, endurance, and prowess which otherwise he would not and could not have accomplished.

A Blind Irishman

A humorous Irishman, a volunteer officer in the British army who had lost his sight, loved to tell the following story. A friend of his, a great wag,

brought a foolish person to see the blind man. It was the first time that the visitor had even come in contact with blindness. Gazing at the blind man, he queried, "Are his eyelids always closed like that?" Then he whispered, "How can he sleep? Day and night must be the same for him."

"He does not sleep at all," answered the wag gravely, "he sits up like that all the time." "How does he eat?" queried the tactless visitor.

"He takes everything through a tube, which I hold for him," explained the humorist.

This was too much for the blind Irishman's sense of fun. "I couldn't hold it any longer," he declared. "My indignation changed into writhing and suppressed laughter, at which my friend seized the visitor and hurried him from the room, explaining in a sad voice, 'Come out quickly; now he is going to have a fit!'" The Irishman who told this tale, queried thoughtfully, "I wonder why people usually treat the blind as though they were deaf and idiotic?"

12. DIPLOMACY

Try never to make an issue out of any matter with the newly blinded. If possible, tactfully compromise—round your mental corners! Unpleasantnesses are remembered with emphasis by those who cannot see. If a blind person has made up his mind that he is going to paint a picture, do not tell him that he cannot and that he is ridiculous. Give him a piece

of clay and persuade him to first model something, no matter how simple. This may perhaps interest him and prevent a feeling of defeat and impotence, because he cannot paint.

If a blind person is eager to do something, however impracticable it may seem to you, do not refuse categorically. Humor him, if possible, and if not, lead him gently away to another subject.

13. EQUANIMITY

Keep calm yourself and insist on a calm atmosphere about you. Never permit excitements or disturbances of any but a joyful kind. Wherever there are blind people, insist at all costs upon a happy moral atmosphere. It is possible to surcharge the air with waves of gaiety which overcome the minor vibrations caused by blindness. The determination to accomplish this has much to do with producing a healthful tonic atmosphere of cheer and sanity which is stimulating to all. Neither the Lighthouse Keeper nor the crew should permit themselves to be worried, irritable or—what is about as bad—to be solemn while on duty.

A Permissible Pun

“Why do you call this place a Lighthouse?” asked a seeing person with no vision, of a far-seeing blind member of the Lighthouse crew. “There is no sea here,” said the visitor.

14 THE LIGHT WHICH CANNOT FAIL

"True, Madam," answered the blind man. "This is a seeless Lighthouse."

"How are you getting along?" queried the Lighthouse Keeper of a young blind man who had wished to kill himself and had come from desperate shipwreck to the haven of the Lighthouse.

"Oh, I'm in fine shape now," he answered, "I'm all right here in our repair shop and happiness factory!" The bracing atmosphere of the Lighthouse to which the blind often allude with serious thoughtful humour, had much to do with these merry blind points of view.

14. ALWAYS BE PATIENT

Without faultless patience you will lose priceless opportunities of great service to the blind. "Never despair, but if you do, work on in despair."

For months the Lighthouse folk labored with a terribly wounded blind man in a hospital. His skull had been nearly cleft in two, this wound depriving him of sight and intelligence. When his physical strength returned his poor mind was still like a child's. Finally, after painfully learning a few manual tasks, he rewarded his teachers, like an infant, with vague smiles. After months of patient care and teaching, one day he announced that he remembered a star! "Very well," said his teacher, "We will find that star together." After four months they did! It was the star which he had won in battle. Now it shines above the palm on his

hard-won Croix-de-Guerre. He began to remember more and more things which had receded from his clouded mind. At last the cloud lifted and he became the husband of the happy woman who had nursed him back to life. He is now able to support his wife and his family comfortably, and employs forty seeing people to assist him in his industrial plant, and has bought his own automobile.

15. ORDER

Let all things be done decently and in order. Remember that the blind depend much for their happiness on precise order and neatness. If you remove objects, put them back exactly in their allotted place. The newly blind are often discouraged by little things—the misplacing of articles, for instance, which leads them to realize painfully their impotence.

Catalogued Order

A blind statesman was so partial to order that he catalogued his clothes. When hastily dressing for Parliament he would call out to his aid, "Quick please...suit four...vest six...boots one...collar three...and hat two!"

16. COMELINESS

Do everything in your power to inspire the blind with pride in the neatness and smartness of their appearance. Insist upon cleanliness. See that they

eat, as nearly as possible, like seeing persons. Do not let them tuck their napkins in their collars or eat everything with a spoon. Encourage them to cut their meat and to help themselves to food. To stimulate their pride in comeliness is not difficult, because the blind, like the rest of us, are often proud of their personal appearance and sometimes not a little vain. They often have very distinct preferences for the colors which they believe to be the most becoming.

Eyes, Blue and Brown

The writer has known this interest in "looks" to be so intense that a former brunette insisted on having his brown glass eyes replaced by a pair of bright blue orbs. A man who has been blind since infancy and had no eyes or substitutes for eyes was to be presented to the President of the French Republic. To do honor to his Chief, he purchased for the important occasion a lustrous pair of glass eyes; and was greatly pleased when told that they were very becoming. This fact gave him great poise in playing his part at the important function.

17. DESPATCH

Impress upon the blind that they can be neat, attractive, normal human beings, and that, after re-education, they can take their happy dignified part in the work and play of the seeing world. It is

essential for the blind who wish to be efficient to be able to dress themselves quickly and neatly, and to be swift and graceful in their motions. A blind Member of Parliament boasted that he could dress himself properly at a record-breaking rate on an express-train, a feat which he is said often to have accomplished with electric rapidity.

18. PHYSICAL INDEPENDENCE

Do everything you can to familiarize the blind with their surroundings so that they may have the utmost independence. Persuade them that later they will be able to go about without a guide. Many blind find their way alone even in the traffic of Paris, London and New York. In English fogs, blind guides for the seeing are in high favor. It was blind Nydia who led the people out of dark and ruined Pompeii.

When the blind patient is able to get about, give him a long, very light bamboo cane, quite flexible at the end. There should be a hole near the top. Through this hole pass a small, substantial black silk tape or a simple cord, making a loop long enough to go over the button of his coat. It adds to his independence when he is not walking to slip the loop over the button so that the little cane is sure to be at hand when needed. A cane like this was received with some doubt by the French soldiers blinded in battle. A wit among them felt his with his nervous, sensitive hands, and then flourished it

about the room. "That's first-rate!" he said, "This is my long-distance sight—like a telescope!—*C'est ma vue prolongée.*"

19. SEEING HIS SURROUNDINGS

Armed with his little cane and with his precious newly found ten eyes, let your man who is beginning to find independence make the acquaintance of the room he is in. Let him look at it, the walls, the furniture, all the objects in it, slowly, quietly, with his fingers. Then if he is strong enough, let him shift for himself. If the stairs and the rooms are difficult, show him several times his whereabouts, but whenever possible, teach him to be self-helpful.

For going up or down an untried flight of stairs, show the banisters and the landings to your friend and then, after going up and down a few times with him, leave him alone.

At Lighthouse No. 3 in Paris, there is a device which with variations might be useful to almost any blind. A small relief wooden plan of the house, with the position of the rooms, stairs, garden, trees, etc., all plainly indicated and lettered in Braille, formed by small, round-headed tacks. By this simple plan the blind can commit their surroundings to memory without stirring from a chair, and be prepared in advance for the ins and outs to be encountered in the house they occupy. If possible round off sharp ends of furniture which might injure the recently

blinded. The experienced blind need merely to be warned of inconvenient or dangerous angles.

20. SAFETY VALVES

At the American Lighthouse No. 1, we had a man sent to us because he was going mad. He had been forced against his will to make brooms and to stuff mattresses, when he really wished to be a musician. When his mind and soul were given the necessary and natural outlet, he completely recovered his sanity. The blind need compensations and interests to make life bearable.

21. PETS

Mention has been made of the need for frequent change of ideas, so as to avoid fatigue for the newly blind. This can often be accomplished through flowers, pets and the prattle of children.

The blind often take great pleasure in watching with their sensitive finger-tips the growth of a leaf or the unfolding of a bud. The vitality, the changing muscles and the play of a puppy, or the silken undulations of a cat, are, despite the loss of sight, absorbing and amusing for them to watch with their remaining senses.

22. TRUE ECONOMY

It is a fallacy to suppose that one can indulge in what is generally called "economy" in re-educating

the blind. It is a mistake to think that anything will do for them: second-hand typewriters, indifferent tools, poor materials, and amateur teachers. Do not economize. *The best is not any too good.* Only perfect tools, good materials, and expert teachers can be expected to be adequate in best helping the blind to overcome their handicap, and often these are inadequate. Likewise, it is unprofitable to try to retrench on food and fresh air, or to allow poor housing conditions. While it must be borne in mind that the blind should be treated as much as possible like the seeing, a model plant for them should have certain special characteristics.

23. ENVIRONMENT

It is self-evident that cleanliness is particularly vital for the blind. They often touch objects which the seeing person merely looks at. Therefore their contact with microbes is more frequent. This emphasizes the special need in a model plant for rounded corners to avoid the accumulation of dust. As far as possible, angles and pointed corners should be avoided for reasons of safety. Low electric lights, gas jets, or cornices, awkwardly hung doors or furniture badly placed, on which the blind pupil might knock and hurt himself should be removed if possible, or so protected as to be no longer dangerous.

If you have to compete with bad environment—

perhaps in the homes of the blind—do your utmost to mitigate it. Windows can always be opened, rooms cleaned, water filtered and often poor food can be replaced by simple, nutritious fare. It is evident that anything that will benefit the general health of the blind will help them in their struggle.

Almost as important as food, fresh air, and good water for a quick overcoming of the tragedy of blindness, are friends, growing plants, flowers, and pets. Surround your blind with a glad healing atmosphere, congenial, if possible, to his temperament.

24. PRESCRIPTIONS

There is no more delicate educational work to be done than to teach the suddenly blinded to find the light again as quickly and as gladly as possible. No prescription is good for all alike. The exception to this rule is to give all as much fun, fresh air, and freedom as is good for them. Otherwise don't prescribe for your patient before you have carefully diagnosed his symptoms.

25. THE INDIVIDUAL

The blind should not be put in large classes, but for the best results they should be taught individually—at first, in quiet surroundings. For fear of brain fag and other bad consequences, they should not be permitted to study for long hours. Three-quarters of an hour is long enough for any newly blinded

man or woman to work on one subject. They should have fresh air and total change of ideas, perhaps exercise. The importance of this cannot be exaggerated. It is an essential and fundamental precaution in their re-education. Their strength must be carefully gauged and the nature and cause of their blindness taken into consideration. A soldier whose eyes were shot out four years ago and who is today a most competent worker, still faints from overfatigue or sudden emotion.

26. FALSE SYMPATHY

A professor, blind from childhood, told the writer that her ideas were wasteful and absurd. "I can teach ten blind men at once as well as one!" he said. "The blind do not need individual teachers." This blind man had achieved remarkable results and had successfully passed university examinations, but he had done so not solely because of his capacity, but because all along concessions had been made to him on account of his blindness. His typed letters showed mistakes, and his work was accepted, though faulty, because it was the work of a blind man. Like many, he does not demand a higher standard for the blind than had been required of him! The over-sympathetic seeing world has really not been fair to this complacent blind man; hence he is not able to be fair to those similarly afflicted, all of whom require at first careful individual teaching to give them the best technic for success.

Until the very same standard of work is required from the blind as from the seeing, they cannot have a fair chance. Helen Keller, who has so long realized the truth of this statement, tells the story of a horse who was so safeguarded, kept from all fatigue and so well nourished that he died from kindness. The individual enterprise, energy, and success of the blind has often died of the same mistaken philanthropy from the indulgences, overwatchfulness, and concessions of the sighted.

27. A FAIR DEAL

To be an economic and a moral asset, the work of the blind must be at least as good as that of the seeing. If possible, it should be better. Products of the blind should succeed from their intrinsic value, not because they appeal to the eye of pity. They should appeal to the business sense of the hardheaded business man. When they achieve such results, then only can the blind feel that they have won their battle with the dark and come royally into their own again.

II

ENTERTAINMENT

I. THE GYMNASIUM

Every serious student of human nature agrees that proper amusements are as necessary for sanity and health as are food or work. This is even truer of the blind, who must depend so much more than others upon their own resources. The question of sports and recreations for the sightless is of prime importance. There are many games suitable for them, but the gymnasium gives a sure field of amusement and profit. There are some desirable modifications to be made in an ordinary gymnasium to fit it for the use of the blind. It is well to have on the floor at the distance of about two feet from the wall a smooth turned strip of wood, about two inches wide, rising gently to its greatest height in the center. This should not be more than half an inch at the highest point. Between this and the wall the floor should slope up to a height of about six inches. This arrangement will notify the blind athlete of his proximity to the wall and will usually prevent accidents. Rounded corners are of course always desirable, but if there are pillars or sharp turns in the

room it is well to have them padded. For large surfaces, straw mattresses, or padding covered with a simple washable material which will not accumulate dust, will do.

2. GARDENS AND GROUNDS

Gardens and large spaces for play-grounds are important for the blind. They can find their way about more conveniently with the aid of various devices which are felt with the foot, such as asphalt walks with raised indications give them their bearings; sunken bricks in the path are highly practical, and help towards independence. Rope or wire guides are not often advisable. A little cane and foot-guide give a free carriage and more independence than can be attained when one is clinging to a line, which tends to retard free movement and initiative.

3. BATHS

Bathing, shower baths and swimming pools are particularly important for the blind. Often these help to preserve failing sight or even to play a part in toning up the general system, which sometimes results in the recovery of partial or entire vision.

4. SWIMMING

Swimming, indoors and out, is particularly well adapted to the blind. It is one of the very best exercises for them. They are practically on a foot-

ing in this sport with the seeing. It is admirable for their lungs, their muscles and their carriage. Of course, there should be companions who can watch them, or keep them within bounds and see that they do not swim out to sea, as a distinguished blind man 'did, much to his joy but not to his friends'.

5. ROWING

Many blind men also enjoy rowing and canoeing, which are admirable for them. French blind soldiers from the Phare have enjoyed these sports greatly.

For many years the blind Postmaster-General of England was stroke of his Cambridge crew, jocosely called The Ancient Mariners. This noble body rowed regularly on the Thames, the blind man setting the stroke. Blind crews have often won races in competition with sighted oarsmen.

6. SKATING

Skating indoors and out gives pleasureable sport to the blind at all seasons. Sir Francis Campbell built, I believe, the first skating rink for the blind in England. The Phare de France, Lighthouse No. 3, laid a concrete floor for its modest skating rink in Paris. The pupils of the Phare, however, say that they now prefer the larger rink at Luna Park, where they usually skate. For good results windows should be kept open for the roller or indoor ice skating. Skating is usual in the institutions of the

blind of America. At Lighthouse No. 1 in New York all ages and both sexes are particularly partial to this relaxation and enjoy it gleefully.

Ice skating is perhaps better fun, though the shortness of the season is a great drawback. Fawcett was a keen skater. He skated from Cambridge to London and loved the trip.

7. FISHING

There are few more delightful occupations for the blind than fishing. In most cases it is preferable to have the fish hooks baited by a seeing person. Fawcett was fond of fishing of all kinds, and would fearlessly wade upstream knee-deep, trolling his line after him. On one occasion, he was fishing with John Bright and grew much excited as he cried: "I have a great catch, Bright." "I should think you had," retaliated his companion, "you have hooked the hair of my collie dog!" The blind man enjoyed the joke as hugely as his friend.

8. FENCING

Fencing is enjoyed by the French war blind. It is a good sport for all if an inspiring teacher can be found for them. Sabre is not of interest, but *Fleuret*, where the foils are much in contact, is stimulating and interesting for them. It has often a high curative value for wounded or enfeebled muscles of the arm.

9. RIDING

Riding is also an admirable exercise for the blind. While some of them insist on riding alone, it is best as a rule to have them accompanied by a guide who has a leading strap reaching from his horse to the blind man's.

10. DANCING

The rhythm, music and exercise of dancing makes it a much-to-be recommended entertainment for the blind, provided the ventilation is good. It is hoped that it will be soon generally recognized as a normal amusement and a beneficial exercise for the blind—as it has been for a long time in England and America.

At Lighthouse No. 1 blind dancers are always waiting before the music tunes up so as not to miss a Terpsichorean turn.

11. MOUNTAIN CLIMBING

The physical stimulus of mountain climbing is experienced with keen joy by some blind mountaineers. The late Sir Francis Campbell made many perilous ascents, among them that of Mont Blanc.

When his purposed climb was made known to the people of the Swiss town from which he made his ascent, they formed themselves into a committee to protest. They went to dissuade him from his expedition, but he was already half-way up the mountain.

So they turned themselves into a Committee of Welcome and were waiting with flowers and fireworks to receive the triumphant returning blind mountaineer. Sir Francis told the writer that, despite the fact that he was with a number of seeing people, he was the only man on the expedition who really saw the view at the top of Mont Blanc. "You see," he said, "there was a cloud at the time which shut out everything for my seeing companions; but I saw clearly with my mind's eye, and pointed out the view to the others."

12. SUNDRY SPORTS

Tug of war, running, jumping, putting the shot, medicine ball, push ball, punching bag, in fact all normal exercises and games which can be adapted for the blind are helpful for them and many can be made entirely practical.

Important! In all sports and games for the blind the element of competition should be present to stimulate interest. Mental fatigue should if possible be prevented. This results sometimes from the absence of that relief and distraction given by seeing the things about one, and watching others. The success of sports and amusements for the blind depends even more than for the seeing on the personality of their teacher.

The blind must be persuaded of the feasibility and charm of exercises and sports for them. Usually they are not eager to try such games unless tactfully

decoyed by example or by a winning personality. Teachers of sports and athletics should be carefully selected for these as well as for other qualities.

13. OTHER AMUSEMENTS

Theatricals, operas, concerts, baseball games, all races, and the circus—practically all the enjoyments of the seeing are possible and appeal to some of the blind.

Acting has long been successfully achieved by them. The rôle of *Œdipus* was often played by a blind man. The audience preferred a sightless person in this part. Recently, an operetta was delightfully performed by two blind soldiers at the French Lighthouse.

I know several blind men, including a Senator, who are grieved if they miss a baseball match. A number of blind boys made an especial request at Lighthouse No. 1 for "tickets to see the circus," and many clamor for the cinema.

14. CLUBS

There is another typically modern activity, both entertaining and intellectual, which is open to sightless people—that is, club life. A club for the blind, in which the seeing became associate members, was organized in New York at Lighthouse No. 1, some years ago. Clubs for blind men and for blind women (not for the blind of both sexes in the same club)

have since become frequent and have proved a great asset to them and of no small value to the seeing.

The object of these clubs is largely for entertainment and debate, and for the discussion of the best methods to enable the blind to help themselves and to interest the seeing world in the cause of the blind. At the meetings, topics of interest are discussed, often by successful blind men, and there is, besides, a philanthropic branch which undertakes relief work, to assist the blind who have not yet found the Light to become happy and efficient members of the community.

15. MUSEUMS

A museum for the blind is something which should be part of every organization where the blind are taught; it is an educational asset and a great encouragement for them. It should contain examples of remarkable work done by them, ingenious devices to help them towards independence, and other exhibits which illustrate the progress made to help the blind toward their emancipation. It should also abound in poetic and symbolic illustrations of the progress of the blind throughout the centuries from Darkness to Light.

16. MUSIC

There are several ingenious mechanical devices to help in teaching music to the blind. While Braille varies slightly according to the needs of the language

to which it has to be adapted, Braille music is fortunately universal, and can be had in great variety. The supply already to be had in France is being added to by the music printed by the Phare. After enjoying the "Marseillaise," the blind French soldiers wanted to learn to sing the "Star-spangled Banner," and to have it put into Braille for them. This was the first music printed at the Phare, and in the winter of 1918 the American hymn was sung for the first time by the French battle blind at the Phare de France.

17. BRAILLE BOOKS AND PRINTING PRESSES

In America and England the work of printing Braille books is done by the best and most up-to-date machinery and presses. In France in 1916, it was the privilege of Lighthouse No. 3, to set up the first electric printing-press, and to publish its first French Braille magazine, "La Lumière," partially edited by the blinded soldiers, and sent out to their comrades in arms and in blindness, free of all cost. In 1918, it sent out the pioneer Braille magazine for the blind of the American Expeditionary Forces, "A Ray from the Lighthouse," printed at the Phare de France in English and read by the first blind Americans to be taught by the author at the Happiness Factory, Base Hospital No. 1, A. E. F., Vichy, Allier.* The press of the Phare has also printed

* See page 174.

many books which appear now for the first time in Braille, ranging from Kipling's "The Jungle Book" and "The Last of the Romanoffs" to a manual on anatomy, a book on massage, and an English grammar.

A small practical Braille press is a great asset in all organizations for the blind. It adds greatly to the feeling of independence in the man who has lost his sight, to be able to read for himself notices, leaflets, newspapers, instead of being dependent on a seeing person for news of the outside world.

18. LIBRARIES

Books for the blind are of great importance. Every community should have a good blind library. The old, handmade copies of Braille books are out of date. Books for the blind should be well printed by machine, from metal plates, and the pages should be varnished.

In this connection, it is well to remember that the long life of a frequently used book for the blind is much more dangerous to the health of the community than the books for the sighted. Not only do the tactile print and raised dots of the Braille text facilitate the housing of germs, but the fact that each reader goes over the text with his fingers makes the communication of disease through such books almost inevitable. Therefore, for the health of all, frequently read books should not only be varnished,

but often sterilized. Otherwise, for sanitary reasons, the life of a book for the blind should be shorter than that of a book for the seeing. It is essential that a great variety of books suitable for all tastes should be on hand wherever the blind are to have a really good time.

The war-blind considered that the literature offered them in France had a tendency to be "too pious." They wanted books "with battle and fight in them." They are getting them now.

III

PREPARATION AND OCCUPATION

I. THE BED-RIDDEN BLIND

Even the lives of the paralyzed, mutilated and bed-ridden blind need not be without distraction and interest. A pupil of Lighthouse No. 1, who has been on his back for a long time, gets great satisfaction out of playing the flute. Some play the violin and other instruments, or read and write Braille. Games, cards, checkers, chess, and dominoes, puzzles, modelling, basketry, weaving on small portable hand-looms, the making of string nets, knitting with small hand appliances, perfumes and flowers, etc., etc., may all serve to lighten the lot of the house-bound blind.

Phonographs, singing birds, and the visits of people who can read aloud well, are a great comfort. It is well worth while to prepare beforehand to read aloud to the blind, and to take the trouble to boil down the latest news and items of public interest in the newspapers and magazines. Sometimes a sleepy kitten or a quiet puppy give companionship to gladden the lonely blind invalid or even the blind soldiers in the hospital.

2. HOME TEACHING

The value of teachers to succor, entertain, and instruct the blind in hospitals or in their homes cannot be overestimated. It has often been proved by the home teaching societies which have for long existed for the civil blind.

When possible, the intelligent and educated blind should be selected at least as assistants and usually as teachers for the newly blind. The very fact that aid is given by a competent teacher who has himself lost his sight, does away with many doubts and questionings from the would-be pupil. The blind teacher is an incarnate proof to the newly blind man that he too can surmount his handicap and learn as his instructor has already learned. Apart from this, there is a natural sympathy between the blind; their mutual affliction draws them to one another in ways which the seeing cannot appreciate.*

* The humanity and economy of similar work for the war blind has also been generally recognized. The pioneer relief of this kind in the hospitals of France was started by the Committee for Men Blinded in Battle under the presidency of the Hon. Joseph H. Choate. Its Secretary, Mrs. L. W. Hewitt, was in Paris at the outbreak of the war and was so profoundly touched by the pitiful state of the eighty soldiers blinded in battle whom she found in the hospital without anything to relieve their blindness that she cabled to the Red Cross, which immediately sent ten thousand dollars to aid them. As soon as possible she assisted in forming the Committee for Men Blinded in Battle, which undertook, as its first effort, finding the blind in the hospitals and giving relief and teaching to them.

The pioneer work for the blind of the American Expeditionary Forces was undertaken by the author who obtained an order from the Surgeon General of the A. E. F. permitting her and her associates to start this work. (See Appendix.) Previous to this,

3. THE NEWLY BLIND

The foregoing applies to all sorts and conditions of the blind. What follows is especially applicable to the blind of the war, or to other adults who have suddenly become blind.

The writer has been asked how to treat the recently blinded, the man who is still in the hospital suffering perhaps from the wounds which caused him to lose his sight. "Is it best under these circumstances to refer to his bandaged eyes and his temporary loss of sight, or to ignore it as far as possible?"

It is not wise to generalize about this, *but keep hope alive as long as possible for the patient*. So long as the blind man thinks he may possibly recover his vision, it is best to encourage him in this belief. Allude to his wound if necessary, but tell him that he must rest his eyes and that, in the meantime, he might just as well substitute his fingers for them.

A Warning!

Never tell a newly blind person that he is permanently blind. This mistake has cost lives. But do not lie to him; that will make him distrust you later when perhaps his belief in you may lead to his usefulness and happiness. Often wounds do not

while a guest of the French Government, she had discovered and assisted at Soissons a one-armed blind American at the request of the authorities of the French hospital in which she was. The subsequent history of this work is told in part in the articles about the "Happiness Factory" in Part I.

immediately produce blindness but cause it to follow more or less quickly in consequence of the injury. Not infrequently the patient knows that before long he must lose his sight. He is fortunate indeed if he has then a good teacher and a true friend to prepare him for the coming of the cloud.

Heroes

A blind writer came to Lighthouse No. 1. His eyes looked normal. "I have come to help and to be helped," he said, "I shall be blind before the year is out. Please teach me how to be blind before the curtain falls." We did, and he is now, though totally blind, in charge of a Lighthouse.

Two soldiers, before their light entirely disappeared, prepared themselves to be efficient blind masseurs.

A woman, to make ready for her on-coming blindness, bound her eyes and went about her household duties, so that when she could no longer see, she was still able to carry on her usual useful life much as before.

A soldier was brutally told of his blindness. He lay suffering and despairing, longing to end his life. In the next bed was another blind man. He had lost his arm, as well as his eyes, but he had been partially re-educated at the Lighthouse, which he had left temporarily for a minor operation. He leaned towards his desperate comrade, saying, "Don't give

up! I have only one arm and no sight, but I have learned how to support my wife and child with the five fingers which I still have. You have ten left to you! I was taught at the Lighthouse. You can learn there too. With your ten fingers you can certainly do what I have done with five." Both of these men are now, thanks to their pluck and the French Lighthouse, independent, contented workers. At the time that this was written there were seven one-armed blind men becoming self-supporting at the Phare de France. Three others who had graduated, are happy independent workers.

4. MAKE THE FUNNY BONE HELP

"What can you say to a blind person to bring him to a happier state of mind?" is another question frequently asked. If a person knows he is blind, face facts courageously and frankly with him. Make the best of the matter. Tell him he must lose no time in finding the ten eyes on his finger-tips, and that it is his business now to find Light with the "inner eye." Assure him that you and others, among them successful blind who have won the struggle which he has begun, will help him in his quest for that Light. Then show it to him by your unfailing and understanding intelligence, by your knowledge of the technique of blindness and above all, by your faith in his ability to make good and by your sense of fun. We have saved more lives by invention,

quick humour and fun than by any other means. What it is impossible to do solemnly, you can accomplish with swift gaiety before your purpose is detected.

5. IMPORTANT DETAILS

If you wish to re-educate your blind to independence, remember it is an important thing for them to read and write Braille. It is also very desirable for them to have a proper knowledge and an expert use of the typewriter by the touch system. Avoid special keyboards, and, if possible, anything but the best machines.

Do not follow a set program. Do not insist, in all cases, upon teaching reading and writing in Braille first of all. Find out, to begin with, what your blind person did before blindness, and what he still cares to do. If practical, encourage him to find the new way to go on with his old work. If he can't, or has taken a dislike to it, find the thing which is best suited to him, and whether it is possible for him to do this.

Talk, read aloud, play games, teach simple hand-work, whenever your pupils are not fit for work, until strength and the will to accomplish have returned. *Always study the individual—his strength, ability, mental and physical, likes and ambitions.* This is repeated because it is vital.

6. THE DEAF AND BLIND

There are many deaf and dumb blind in everyday life. Great ingenuity has been shown in the methods and devices invented to aid them in overcoming their triple affliction. The first triumphant deaf-blind American whose education was a matter of international interest was Laura Bridgeman. She became a normal, happy, industrious woman, while heretofore all children doomed as she had seemed to be, had lived in dark soundless imprisonment.

Helen Keller, that transcendent deaf-blind personality of our own epoch, is too well known to require comment. One of her extraordinary faculties has been her supersensitive recording of vibrations. This has in some instances seemed to supplement her sense of hearing. It certainly plays a part in her enjoyment in "seeing" Niagara or in "listening" to music. She notes the pounding and rushing vibrations which help to paint for her the great waterfall. In music, the vibrations of the perfect tones produce a slightly hypnotic and highly agreeable sensation to her. Discords are displeasing to her, while true tones are welcome.* The writer has

* Her example has been of the utmost service to the comparatively few cases of the war blind who are afflicted also with deafness. It is a satisfaction that much of the deafness among blind soldiers has been temporary or has improved with time. Shell shock or acute suffering from injuries has occasionally imposed a brief deafness which has often given way to general improvement of the patient's condition or the healing of the wounds affecting the auditory nerves.

proved this while playing for Helen Keller who expressed approval of perfect chords, but who asked the player to stop some discords, because the deaf woman found them unpleasant. She has won her race, disregarding her handicap, and "hears" and "sees" with far greater discrimination than the average normal being. Her writings, and especially her poetry, triumphantly prove this.

Physical Education of the Doubly Handicapped

Special attention should, of course, be given to the care and the health of the deaf-blind. Everything should be done to recover the hearing which is such an important asset for them. If this cannot be done, they should be taught to speak by means of the deaf and dumb alphabet which must be completed by touch. If possible, special stress should be laid on their intellectual training so that they may find compensation in reading and writing. Their touch should be developed to the utmost. If possible it would be well to give them some handicraft which appeals to them; modelling, moulding and games of all kinds should at all costs be made delightful to this class of pupils. Sports and outdoor exercises are important. The greatest care should be taken to prevent their hurting themselves with objects which they cannot detect by sight and which on account of their deafness they cannot know they are approaching.

Several deaf pupils of the French Lighthouse have happily pursued their re-education with a fine disregard of their double infirmity. They have succeeded in doing highly creditable work and in endearing themselves to all.

7. THE SIXTH SENSE OF THE BLIND

Sound plays an important part in that sense of objects which usually develops for the blind after a short time. They often are able to recognize silent objects whether stationary or in motion, by the change in sound which their presence produces, as well as by the difference in the pressure of the atmosphere. Smell usually plays also a contributing part in this sixth sense of the blind. Crude examples of this sort of thing, which anyone, even with a complete equipment of senses, can understand, are the sensations which we all feel on entering a tunnel, passing between high walls or through dense forests. We are conscious of the pressure of the air, the variation in noise, and vibrations. The tunnel, apart from the optical effect, cuts off the usual vibrations and concentrates a series of noisy ones. The high walls give different kinds of vibrations though still allowing the normal air and vibrations from above. In the forest, the atmospheric pressure and the vibrations are quickly changed but not so much barred out as in the other two illustrations. As we recognize a tunnel even with eyes closed, so, in a much

more minute sense, the blind man comes to distinguish the walls or the forest, the closed room or the room with the doors and the windows open, high massive furniture or the location of many little objects such as tables and chairs. This enables him often to enter a room and, without touching things awkwardly, to steer clear of them, while, if a seeing man entered the same room in the dark, he would probably be like a bull in a china-shop!

8. FOR ALL THE FRIENDS OF THE BLIND TO REMEMBER!

So often novices in teaching the blind will give up, hopeless of making an occupation or study interesting. They will say with apparent reason, "Why teach the blind man if he doesn't want to learn?" In nine cases out of ten, his not wishing to learn is the same phenomenon which we see in everybody, an aversion and objection to a new thing, to an innovation in an accepted routine or condition. Perhaps the reluctance to pick up new work may even be the result of a tired or lazy mind or body in the blind man, as it often is in the seeing man.

It is always the duty of the teacher to be interesting, and, if possible, to endow studies with fascination. If this is necessary to appeal to a student who has a full equipment of senses, it is essentially true in teaching the blind. The typhlophile must by nature or by training be charming, and decoy his pupils

to their studies and their play, by making these absorbing and enticing. "I don't want to," or "I don't care" from the blind should be of no importance. It is the task of the tutor to make him care and to make him want to learn. We risk the danger of repetition in order strongly to emphasize the importance of never being a bore. *Be interesting.*

9. THE BORDERLAND BLIND

There is no greater obstacle to surmount than the depression and discouragement which envelopes some of the mentally defective. The thing that caused their blindness has often unbalanced their intelligence. If these doubly stricken are to become useful and happy again, every possible means must be used to re-establish their physical and mental well-being as soon after their blinding as possible. Without much patient skilful effort on the part of those who are attempting their re-education, they often become hopelessly insane.

The doctor, the nurse, often the physical trainer, fresh air, good food, cheerful surroundings, agreeable occupations; all these general considerations play a large part in giving new life to the mentally difficult blind. The Lighthouses have never lost a case of this kind. Through thoughtful study and patient labor, they have had the happiness to help several to cross the dangerous borderland, where their mental equilibrium hung so precariously bal-

anced, and to return them as normal and welcome factors in the world of the seeing.

10. TYPEWRITING

It is very desirable that as far as possible the blind should use the customary tools and appliances, rather than those especially intended for them. Many kind, ignorant friends of the blind have devoted no little time and ingenuity as well as money to inventing special typewriting machines with Braille letters on the keys. This time and money have been wasted, alas. The Braille letters on the machine distract the blind man and prevent his writing quickly. A typewriter with a standard key-board is the better for him. The use of such a machine makes for independence. He can use a typewriter whenever he finds a standard kind.

The special blind typewriter makes a man dependent on his own machine and, when it gets out of order, on his machinist. He must carry about a heavy machine with him and is forced to have a mechanic at his beck and call. None of this is at all necessary. The sighted typist who types properly does not use eyes, but the touch system. The efficient seeing typist memorizes the key-board; the capable blind typist must do the same. In few openings are the blind on a footing of greater equality with the seeing than typing. Of course, like other secretarial work, the blind secretary's typing must be inspected and corrected when necessary.

II. STENOGRAPHERS

Stenography is a good profession for those blind suited by personality and ability for it. Though one cannot expect the blind man unfitted for this occupation to be any more happy in it than a seeing person who would be a misfit. Blind stenographers have for years done good work in England, Australia and America.

12. OTHER WRITING APPLIANCES

The Hall Braille Writer is a great friend and emancipator for the blind, enabling them to write Braille nearly as quickly as to typewrite. Writing tablets, hand guides and other such devices are essential to a full equipment.

13. MANUAL WORK

Manual occupations are the first to suggest themselves as suitable for the blind. The variety in this field is almost endless. The blind may be profitably employed in chair-caning, broom and brush-making, the manufacture of mops, of baskets, reed and willow work, the making of barrels, machine-knitting, bead-work, weaving of all sorts, making of cocoa rugs, mats, etc., etc. Blind men also weave coarse ropes, make ship fenders, are upholsterers and mattress makers, carpenters and cabinet-makers.

Nearly every useful handicraft requiring a high

order of skill, where the use of colours is purely mechanical and these can be selected for the worker, has been successfully followed by the blind. Colored woven rugs, curtains and other articles with designs of great beauty are produced by them, as well as decorated pottery, colored and artistic basketry.

14. AVOCATIONS AND PROFESSIONS

The blind have been proficient in cooking, laundry, household work in general, cobbling, shoe-making, massage, barbering, shop-keeping, insurance soliciting, music, commerce, typing, typing from phonograph, telephone operating, telegraphy, stenography, working variously in factories. Some blind men have been very good mechanics and piano-makers, and some have also made other musical instruments of various kinds. Others have been happy in soliciting and creating ingenious devices for advertising.

15. FARMING, POULTRY RAISING

There are many successful blind farmers and poultry raisers, especially in England and America. Some of the pupils from the Phare de France have graduated in agriculture and farming from the Government School of Agriculture. The blind have not only supported themselves and their families by farming and chicken raising, but some have made modest fortunes through this healthful work.

16. SUCCESSFUL WAGE EARNERS

In five weeks a soldier who had lost his eyes was so well re-educated at the French Lighthouse that he returned to his former home as a self-supporting knitter. In fifteen minutes he could knit on his machine a band such as was in great demand by soldiers and sailors and which he could sell in competition with seeing workers. In an hour he could knit an ordinary-sized sweater for which he could get good pay in the open market. He received more orders than he could fill, though his wife learned his trade and helped also. He could also write good business letters on the typewriter and keep his own accounts, so that he conducted his affairs in a satisfactory fashion. Thus he took up his life again where it was for a time arrested.

17. THE BLIND AT WORK AMONG THE SEEING

Among the occupations for the blind are a number which can be carried on in the midst of seeing workmen. The blind are employed in packing departments of large commercial establishments, in bottling emporiums, for various tasks in factories, such as cigarette factories and box factories. The National Cash Register Company in America employs blind people. Men who have lost their sight have also undertaken the repairing of electric launches and motors. The Crocker-Wheeler Elec-

tric Company in New Jersey first successfully employed the blind in the winding of coils.*

The Thomson-Houston Company, the great electric concern in France, employed ten blind pupils of the Phare. The men wind coils according to Dr. Schuyler Skaats Wheeler's fine plan in New Jersey and have started cutting metal portions for bits of machinery and putting them together. This progressive and philanthropic company bids fair to open still more fields of usefulness to the blind of France.

The pupils of the Phare are employed by the French Government in its factory at Sèvres where they earn the same wages and do the same work as the seeing in one-third less time. These men were the first that we knew of to be employed by the French Government. They helped their country again to win the war by making ammunition vessels which they formed in huge moulds.

18. UNUSUAL OCCUPATIONS FOR THE BLIND

A blinded soldier has recently managed to secure a very good income by working as a steam fitter. He is employed for this work by responsible builders. A French blind man built an important building in France, for which he was the architect. To assist him in drafting his plans, he used ingeniously con-

* Some of these coils were used in steel mill motors, which did war work for the Government.

trived blocks by which he was able to construct his project, which was finally put into brick and mortar by sighted workmen.

When one has made an attempt to enumerate in part the manual work for the blind, he has but begun upon the list of occupations suitable for them. There is no greater mistake than to attempt to force them to take up solely manual tasks if their tastes and aptitudes do not naturally lead them in that direction. The choice of useful professions and occupations open to them is a long and hopeful one.

19. MUSIC

If the blind have an aptitude for music, it is one of the greatest joys and consolations possible. But in this respect, as in all others, if they wish to make music a profession, it is not fair to them to make concessions on the ground of their infirmity. A blind musician must be able to compete with the sighted on the same footing. If his position is to be tolerable and his self-respect to be left intact, his appearance and his personality must be carefully considered, especially if he wishes to perform in public. Unless these are agreeable, it is not kind to encourage him to depend for his livelihood on a career which demands them as well as musical talent. It is well, however, to encourage the blind to develop their music as a home pleasure and resource.

Blind organists have often been great successes.

Organists and even choir masters in some of the great cathedrals have been blind. Some very exceptional blind people have made a living in other branches of music and blind persons have taught music to the seeing.

20. TUNING

In the more mechanical departments of music the blind have been employed on the same footing with the seeing. In New York and Boston they have the tuning of the pianos in the public schools. The New York Board of Education has not given this opening to the blind as a monopoly, but it gives them the preference. They have been proved also very competent in house to house tuning, although as a rule they are more successful in factory work than as independent tuners.

The Blind Tuners' Guild meets at Lighthouse No. 1, to promote the interests of the blind of that profession.

21. MANNERS MAKE THE MAN

For success it is essential for the blind man to be "personable," to be approachable and much more. He should be taught to carry himself and to talk with ease, and to be attractive in his manners and personal habits. With these great assets, you can think about placing him at an employment or an avocation or helping him to follow what he feels to be his vocation.

22. THE BLIND COMPETING WITH THE SIGHTED

Agreeable personality and quick wits are as important for the blind as for anyone else, if not more so. Equipped with these, with brains and technique, they will find access to the business world. This has been shown by many a successful blind merchant in coal and wood, dealers in tea and coffee, book-sellers, newspaper men, and insurance agents. A few blind men have been remuneratively employed as coffee, tea, and wine tasters. We have said that there are blind switch-board operators, telegraphers, stenographers, many efficient blind typists and a few typists from the dictaphone, and a few mechanics and electricians. They have proved that they can hold their own, not only as salesmen but as directors of large industries. The head of a great scales factory was for a long time blind, and the efficient director of a large number of sighted workmen. The editor of an American newspaper with the largest circulation was for a long time blind.

23. A FINE EXAMPLE

A brilliant example has been given to all by Monsieur D——, the blind piano maker and dealer, teacher, musician, and sage of Vichy. This remarkable man was a country lad, blinded in early life, and he became a typhlophile of distinction. Still in his thirties, without capital or influence, he has devel-

oped a very good business and has assisted the blind in many ways.

Since ten years of age he has been a carpenter and cabinet maker. His workmanship is equal to the best work done by the seeing. He makes all kinds of furniture and cabinet work, constructs pianos completely as well as all kinds of wooden musical instruments. His blind pupils are filling excellent positions in piano factories in France. They too do construction and repairing as well as tuning of pianos. Monsieur D—— has made several valuable investigations proving that the horizon of the capable blind is far vaster than the conservative public is willing to believe. He has worked in metal with the seeing in factories and makes without assistance admirable and complicated machinery. His wife has been an invaluable aid and is one of the best examples of the importance to the blind man of marrying the right woman. Together they have done much for the American wounded and the soldiers blinded in battle.

IV

MAKING THE BEST OF IT

I. WAR BEACONS TO THE BLIND

A blind man quickly learned at the Phare de France to write his own letters and to keep his own accounts. At the time he lost his eyes, his business was going to pieces because he could no longer supervise it. In less than a year after his catastrophe and his effort for re-education at the Lighthouse, he returned to take charge of his affairs. After three months of supervising and reorganizing, his business had increased so greatly that he was forced to move into larger quarters. Instead of losing money, he began to make such profits that he was able to pay his debts and to take a holiday with his wife and children. He is now not only supporting them all comfortably, but is rolling up the *dot* for his little girl.

In France among the re-educated soldiers who have left the Phare is an officer who has become a director of studies at a Military College, a teacher who has again taken up his classes at a school, and a student who has achieved his Degree in Philosophy. Another pupil is Inspector for the French Board of Education while yet another was employed as typist

at the American Embassy. One graduate of the Phare has become a professor in a Government School and a one-armed blind man has been teaching a class of twenty seeing men in a technical institution. Another is wearing the robes of a judge of a high court of France, and still another who has no eyes is studying International Law at Harvard, having secured, in competition with a hundred seeing men, the Victor Chapman International Scholarship for Law.

2. GREAT POSSIBILITIES

There is something about an attractive blind man which is very winning, and secures the confidence of people; he can often do better in soliciting insurance policies or in salesmanship than a sighted man of equal capacity. There is scarcely a profession in which a blind man with special gifts has not succeeded. There are some blind stock-brokers, bankers, doctors, lawyers and directors of big business concerns. There are also blind professors, judges, senators, governors, diplomats and inventors.

3. THE INVINCIBLE BLIND MEN

The president of a great American firm of racing-yacht builders, Herreshof, was a blind man. His light, seeing fingers always inspected the models before the yachts were built and suggested the alterations which perfected them; so that they were in-

vincible. The following story is told. An Irishman who had bet on the winning of the English Cup-racer and had lost, shook his fist in good Irish fashion at the Yankee who had helped to win the cup for America. "Arh," quoth Pat, "sure England will never again beat yez; England will never again be mistress of the seas until that blind Yankee of yours stops using his ten eyes!"

The great apiculturist, Huber, was a blind man. This writer and authority on the modern science of bee culture never saw a bee. His book on apiculture is nevertheless the classic on that subject.

4. A VAST HORIZON OF USEFULNESS FOR THE BLIND

There have been many blind writers, poets, singers, musicians, and a few sculptors; and one or two blind men have even attempted to paint pictures, which were not worse than some of the futurist and vorticism productions. It is nearly true, as a blind man said, that the "blind can do anything they want to do which the seeing will permit them to do." One of the best known heart and lung specialists is blind. The seeing doctors in his town do not feel that they have done their utmost for their patients unless they have called him in for consultation. He is able to diagnose by his delicate touch and hearing far more accurately than their grosser senses allow them to do.

5. A REMUNERATIVE OCCUPATION

There is one profession which it is to be hoped the blind will soon forever abjure. Its existence is a reflection on the public. This is the profession of begging. It has been for many years one of the most profitable for the blind, and it is still carried on under various disguises even by a few of the war-blind. Bad work, bought out of pity,—like useless beadwork, or badly made baskets,—tuneless singing, poor violin playing and other forms of unskilled labour, has no right to hold up the public.

Not insisting on proper training, permitting the blind to seek their livelihood without an adequate, expert and honorable means of getting it, has put a premium on the art of the mendicant. This is as unjust to the blind man as it is to the community, but teachers and friends of the blind are largely responsible for the situation. The wise blind man and his sincere and intelligent friends insist upon his having a thorough knowledge of the art of how to be blind—and it is no easy one. This must depend on a solid basis of education, a complete understanding, and a good knowledge or technique for his work, trade or profession.

6. THE MUTILATED BLIND

If the blind man has lost an arm, he can still educate his five eyes which you can help him to put on his remaining fingers. Later, with or without the

aid of his articulated hand, he can usually become completely independent. There are excellent, blind one-armed weavers, knitters, canoeists and equestrians.

If your blind man has lost both arms, you have a difficult task before you. He has probably still his hearing and his smell. Develop those compensations to the utmost. If it is not too tiring at first, give him all the music and reading he wishes. Poetry, if he has any taste for it, is a great help. Teach him courage-giving verses which he can always keep with him. Bear in mind that the blind can remember poetry better than the seeing; tell the mutilated so if he knows that he is blind. Always keep sweet-smelling flowers within reach. Don't make him tired of them. Teach him that he can still be a botanist through his nose! If he has a voice, teach him to sing. It will be a comfort to him.

7. BRAVE BLIND WRECKS

A man blind and without arms was found by the rays of the Lighthouse; he was hopeless, silent, feeling himself deserted, marooned, on account of his fearful injuries. In less than five minutes after he met his Lighthouse keeper, he had recognized eight different kinds of flowers in spite of his mutilated nose. "So you see," said the teacher, "I have proved that you are a botanist."

An ingenious mechanical arm which he worked

with the muscles of his shoulder, soon permitted this hero to write. He hopes to boast of other accomplishments.

Another man who has no eyes and no arms, has had great comfort from the companionship of his bird and flowers. He was proud that by the aid of a spoon screwed into his artificial hand he learned to eat. His food was placed in a deep bowl, with a rim inside near the top. This prevented it from spilling over the brim, and enabled him to eat neatly. A hook was substituted for the spoon. With it he learned to carry packages. Little by little he can learn to use tools fastened to his false hand and then he will be still more independent.

8. NEW HELP FOR THE AMPUTATED BLIND

The lot of these unfortunate people has too often been considered hopeless. They have been left alone, helpless, the scrap-heap of humanity. With a view to encouraging inventions to enlarge their horizon, the following competition was opened, and announced in the French papers: The Committee for Men Blinded in Battle of the French Lighthouse, offers four prizes for inventions. Adaptations of already existing inventions which enable men thus disabled to work and earn money would also be considered.*

A one-armed blind pupil invented a modification

* Suggestions of use to the blind are always gladly received at Lighthouse No. 1, 111 East 59th St., New York.

of the Underwood typewriter which makes it entirely practicable for those similarly afflicted. He was also responsible for a very simple device, which enables one-armed blind men to weave. This occupation is valuable for them as a pastime, even if it serves no more serious purpose. A knitting machine has been modified at the French Lighthouse so that it now serves as a practical wage-earning device for many one-armed blind men, as well as for those with both hands. This work in re-education has been so successful that we have been anxious to devise some new scheme by which cases in which both arms and sight have been lost, could be benefited. The Choate War Memorial offered a prize of two thousand francs, a second prize of a thousand and two other prizes of five hundred each for inventions which would enable the armless blind man to occupy himself with some useful trade.

9. LEARN FROM THE BLIND

In the minds of even the sanest and most benevolent helpers of the blind there is apt to be a slight unconscious residuum of patronage. A good many less level-headed though well-meaning individuals not infrequently use the blind as an outlet for their own emotions and sentimentality. There can be no more tonic corrective to this unconscious patronizing of the blind than a knowledge of the fact—a triumph indeed!—that the well-trained blind are frequently the

best of teachers for the seeing. The calm, intelligent, well-educated blind man who has overcome his blindness is a missionary of hope and cheer, not only to the blind but especially to those among the seeing who are neurasthenic, hypochondriac, discouraged, or lazy. The very fact that a man who has lost such an important asset as his eyes can be cheerful and efficient, makes the incompetent seeing person ashamed of his uselessness.

A great doctor asked the Lighthouse for blind teachers to inspire his neurotic patients with fresh ambitions and the desire to live. This experiment has been more than once successful.

10. THE BLIND TEACHING THE BLIND

Of course, the blind are the best teachers for the blind. A man who has overcome their common infirmity is a wonderful courage-giving example to the beginner in blindness. Furthermore, those who have lost their sight are apt to see the difficulties and advantages in the various systems for the re-education of the blind which are not often appreciated by the seeing. At the Lighthouses the blind teach the seeing not only Braille, languages, basketry, but in countless other ways, some of the utmost value. We have said that a class of 20 seeing workmen are being taught the theory and practical uses of electricity by a blind one-armed pupil of the French Lighthouse.

A class of seeing teachers from the New York

Board of Education met for some time at Lighthouse No. 1, where they received instructions from a member of the Staff, who was a graduate from a school for the blind.

Another graduate of Lighthouse No. 1 for some time instructed a class of seeing convalescents in a sanitarium. The example of this competent blind teacher was of inestimable value to the nervous and discouraged patients, who often, in spite of themselves, tried to emulate the industry of their teacher.

A seeing countess who studied with a blind pupil teacher at Lighthouse No. 3, in Paris, had much difficulty in reading Braille. The little dots baffled her, and she was very slow. The blind teacher was patient, but could not understand the snail-like progress of his pupil. Finally he exclaimed with a touch of irritation, "But look, Countess, don't you see?" And then with an indulgent shake of his head, "Well, of course I see! It is your eyes which prevent your seeing!"

There have been and still are many blind professors and teachers for the seeing. At Oxford and Cambridge there have been distinguished ones, to name only Sanderson, the great mathematician, Fawcett, the political economist, and Taylor, teacher of higher mathematics, as well as professors of chemistry, astronomy and other subjects.

11. COOPERATION ALWAYS VITAL

The fact that the work of the blind requires supervision involves no contradiction of their right and capacity for independence. The blind man must be where he can have the necessary sighted cooperation to ensure his success. This is also true of the sighted. Unskilled labor is always supervised. Skilled labor can usually command expert cooperation and assistance.

12. AN IMPORTANT POINT

Thoughtless people or ignorant people are usually fond of generalizing. They seem particularly addicted to doing so about the blind. Fortunately there are so few blind that not many people have taken the trouble to study their possibilities or achievements. The average sighted person, as soon as a blind person is spoken of, will say, "The blind are so much happier than the deaf." "The blind are all so musical."—"I would rather have my boy killed than blind . . ." or some other remark about as wise.

Are the blind happier than the deaf? A blind man of the exact mentality and personality must recover his sight and lose his hearing to be able to answer this question. Even if this miracle could be accomplished for us by some obliging blind man, the decision would be only his opinion. The blind cannot all be musical because their loss of sight will not necessarily give them an ear. If an every-day man is blinded, he

may, because of his misfortune, develop latent talents and abilities which will make him much finer than if he had kept his eyes. He will possibly be more loved by his family and of greater service to his fellows and his country than if he had kept all his faculties.

The writer knows at least four fine, strong soldiers of whom this has proved true. As a result of the altered circumstances in which their blindness placed them, they have become servants of humanity. One was an illiterate labourer and is now a professor and teacher to the seeing as well as to the blind. Another, who was a simple lad, has also become a teacher, philanthropist, and inventor.

If we draw statistics from the small numbers of the blind, we shall find that they represent about the same elements of intelligence as the same number of seeing people. Many would have been failures if they had had two good eyes; blindness will probably not always rescue men from this fact. There will be a proportion of unenterprising souls who would have been of small account with their sight; they will not increase much in value because of their loss of sight.

You would be lucky to find among a few thousand well-educated seeing people one who had the schooling, quickness of mind and fingers, and the integrity to be a good stenographer and secretary. You will be lucky if you find one in the same number of blind.

In any number of seeing people there are a few, a very few, indomitable personalities who will

triumph over all difficulties. These valiant spirits will overcome blindness, as they would put aside any other obstruction, and win their battle.

The fact remains, therefore—and we repeat this even at the risk of taxing our readers—that the blind are the seeing in the dark, until they have been given the training and the tools to make their way out of the dark. In every case, therefore, one has to consider that blind Tom, Dick and Harry present not one, but three problems, distinct and apart. These should be studied separately and carefully before being diagnosed and the three persons should be treated, taught, and amused individually. The word “blind” should not be spelled with a big “B” to the obscuring of the personalities, desires, abilities, and idiosyncrasies of the various blind.

V

DETAILS FOR PERFECTION

"Perfection is made up of many details, but perfection itself is not a detail."

I. WALKING

One of the most difficult things for the recently blind is to gain a free and independent carriage and to walk fearlessly. The tendency for them is to stoop and to cling helplessly to the arm of their guides, supplementing the safety of this anchorage by a heavy stick. Such a stick is unnecessary and in most cases, not nearly as helpful as a light bamboo cane with a string near the top, such as we have described (page 337). The pliability of the light stick usually enables a man, after a little experience, to recognize with its touch the nature of many objects—the roughness of the tree, for instance, or the smooth metal or wood of a telegraph or electric light pole.

The guide is often, not always, dispensable, but clinging to the arm is in most cases as unnecessary. A brave French captain who had been blind for eighteen months taught an American boy, who had

lost his sight a little over a month before, how to walk well. "Do not cling or hang on to your guide," said the Captain. "Walk close beside him, your arm hanging down. Touch your guide from time to time so as to make sure of the way. This you can do by brushing your neighbor's arm slightly with your own; the hand is not necessary. By and by you will accustom yourself to walk swiftly and unhesitatingly beside your guide without touching him. You will be conscious of his presence, which will help you to keep the road. Where walking is smooth and there are no curbstones or other obstacles in the way, do not use your cane to touch the ground but carry it under your arm as officers should." The brave example of the Frenchman so restored the stooping, dependent, groping blind American that in a few hours he, too, had relinquished the arm of his companion and was walking briskly through the park, holding his head up and his cane beneath his arm.

2. A STEERING CODE FOR THE PEDESTRIAN

If, on account of much traffic in crowded thoroughfares or for other reasons, the arm of the guide seems advisable, the effect is much better if the man offers his arm to a woman, and does not as is most usual, take her arm. It is a great help if a simple code is understood between the blind and their pilots. By a light pressure on the hand or the arm

approaching obstacles can thus be safely located. For instance, two touches of the forefinger of the guide on the back of the blind man's hand heralds the approach to a downward step, a curb-stone, a stair, etc.; one touch warns of a coming upward step. The quick running of the forefinger to the right shows a coming unevenness of the ground or a slight change of level to the right; the same motion to the left indicates a change of the surface in that direction. To turn towards the right a little pressure of the hand towards the right is sufficient and the same indication towards the left; a backward motion can be indicated by a backward pressure on the hand. The use of this or any similar code will prevent accidents, the interruption of conversation between the blind man and his friend, and any unnecessary appearance of dependence or awkwardness. This code may be amplified or modified according to the needs of the individual, or the nature of the environment in which he finds himself.

3. SITTING

The blind are apt to be awkward in rising from a chair or in seating themselves. An admirable way of overcoming the tendency to stoop and the necessity of feeling for the chair is the habit of touching it with the back of the leg, thus ensuring its location. The same motion gives a freedom in rising. This very simple leg technique does away with that help-

less floundering motion often characteristic of the blind and so distressing to the seeing.

4. LOOK FOR YOURSELF

The habit of the blind of handing an object to the nearest seeing person for identification is easily acquired and undesirable for many reasons. In the first stages of blindness the patient should be given many little objects to examine with his fingers. With brief thought and a short perusal by the ten eyes on their tips, he will learn swiftly to recognize things. This habit acquired, he will have no difficulty in "looking" at things for himself. He will find it unnecessary to trouble others or to impress them with the "inconvenience" of his blindness.

This habit of thoughtful contemplation will prevent many little awkwardnesses and interruptions which would be painful for the blind man and would prevent his being the normal and appreciative companion which he can so easily become from the seeing point of view.

5. GLOVES

It is not necessary for the man who has lost his sight to hand his gloves to another to know for which hand each glove is destined. Before putting a glove on, locate the first button which is underneath the thumb; the bottom part of the glove is naturally taken hold of in putting it on, so that not a moment

should be lost in knowing whether the button is on the side of the right-hand or the left-hand thumb.

6. HATS

No matter whether the ancient top hat has returned to its own, or the blind man is wearing a derby, or a sailor hat, he knows that the bow should be on the left-hand side so that he can place it on the proper way without embarrassment.

7. TABLE PARAPHERNALIA

The slightest, delicate exploring with the tips of the fingers will indicate to the blind man the lay of a table set for dinner. One careful touch will suffice to find the curve of the plate before him, the whereabouts of the glasses, the knives and the forks. The location of the bread should also be discovered. The bread is a very important tool for polite eating. The pusher assists the fork or the spoon in landing the bits of food which tend to defy the diner or skid on the smooth surface of the plate. The most slippery nourishment can be deftly landed between the relentless metal of the fork on one side and the spongy absorbent bread on the other.

Fawcett, a wise and normal blind man—whom for these reasons we have so much quoted—in order to avoid awkwardness and to have his food seasoned to his liking, always carried a salt cellar in his pocket. He succeeded by this means in avoiding unnecessary requests for salt or the awkwardness of locating it

for himself. If he went to any large or public dinner, he would ascertain beforehand how the guests were to be seated; with this knowledge, he would turn in conversation and speak naturally to the other diners, even addressing them by name if occasion called for it.

8. MARRIAGE

The best possible solution of many of the problems of the blind, is marriage. But, unfortunately, while marriage may be an inestimable blessing to the man who has lost his sight, if he does not have a wife who is faithful, congenial, and capable, his lot is far harder than that of a sighted man harnessed to an uncongenial partner. A seeing man is always less dependent on the home circle for happiness, and can more easily run away! He does not require the thousand little attentions which the blind man needs and accepts, if even unconsciously, from those about him.

The pathos of blindness—we could almost say its poetry—makes a very special appeal. Women often mistake their response to this appeal for lasting affection and believe that it will—but, alas, it does not—ensure their life-long devotion to its object. The romance, the dramatic quality, the satisfaction of doing a good deed, the very dependence of the man—these, and many more such elements, recommend the blind suitor and endow him with glamour.

Cupid Makes Havoc

The first French blinded soldiers of the war were literally deluged with offers of marriage. The love-sick spinsters did not make their applications in Leap Year! Some of these overtures came from attractive maidens who could have chosen their mates from scores of keen-eyed warriors. Others were at the uncertain time of life when it was easier to find a spouse who could not look at them too closely. Of course there were old maids seeking homes and husbands at any price, and unsuccessful harpies hoping to fasten on the blind man's pension. Throughout the troop wended the sane unselfish woman with her motherly heart, who sincerely wanted to do her part and to give happiness to the man she loved, whether he was with or without eyes.

The blind man, perhaps still stunned from the shock which had bereft him of sight, stood impotent, perplexed, amazed at his sudden popularity! No matter how common-place, unbeautiful or insignificant he might have been before, his "glorious wounds" lifted him at once to dazzling publicity. A hero of romance with his bound eyes and cane, he now held the center of the stage. Like any other son of Adam similarly up-rooted, he fell!

The epidemic of matrimony enveloped all. The parish priests with brimming eyes were busy pronouncing benedictions on blind heroes whose brides were burdened with gifts from rich and poor alike.

After the honeymoons of this first bevy of Cupid's blind victims had passed, the philanthropists quietly sat down and dispassionately studied what had happened.

Of course a reaction was inevitable, and in that reaction the blind man was the victim!

Advice to the Sentimentally Inclined

As it is of primary importance, we reiterate: *Treat the blind man as far as possible as you would treat the seeing*, and persuade the blind to act as much as possible as the seeing, if wise, would act. Say to him, don't marry in haste and repent at leisure. Make doubly sure before you ask anyone to share your lot, that you are not only in love, but that your love rests on an enduring basis of congeniality of temperament and taste. Be sure that the wolf will not drive your affection from the door, and that you are choosing a wife who is sufficiently strong in mind, body, amiability and charity to stand the strain which the marriage to a blind man will, even under the most favorable conditions, inevitably impose upon her.

"Though love is blind love is the king
(Good people harken ye!).
It is the king commands this thing
For those who cannot see."

VI

PASSING THE TORCH

It is not an exaggeration to say that the man suddenly blinded does not care to live. The only way to make life tolerable for him is to find interest or occupation which helps to emancipate him from threatened impotence. A number of people who have lost their sight, and have largely overcome the difficulties of blindness, have said to the writer that they would not care to see. One man whimsically gave the following reason for this strange point of view. "Because I am blind, all the world is beautiful and every woman is pretty!" A young blind barrister said: "My blindness is an asset. People listen to me now and weigh my words with respect who would certainly have disregarded me if I had had my eyes." We have quoted Helen Keller who says that "to be blind is to see the bright side of life."

This attitude is only possible when the cooperation between the blind and the seeing is what it should be, and can be made. It is hoped that this little book may be a step towards that goal. If its sighted readers will work and believe they may yet have

the great satisfaction of feeling that they have helped a fellow human being out of darkness into light. If its blind friends will lend a hand they may be the guides of those who have sight but see not.

A great compensation for all of us is to know that blessed feeling of being wanted, necessary, indispensable for something and for somebody, and so to be able to love, to laugh and to lift.

Let each of us help to give another a chance to help himself. Let us live up to that newer, fairer meaning of charity and justice and forever bury the idea of patronage. Do not forget that until we find the light *we are still all seeing men in the dark*; hopeless, baffled, and unable to have the Faith which is happiness.

Remember that, if a man has not the physical eye, you must treat him as far as possible as if he had. Do not use special words for him. Use and help him to use, the normal vocabulary. Speak to him as if he saw. Comment on and describe what you see—the people, the buildings, the scene, the mountains, the sunset.

A great blind statesman often climbed the hills to see the view in the light of the sunset. The blind have a compensating sense of beauty which we seem to miss. A blind man who had lost his sense of smell was suffering in a hospital. A seeing person gave him a rose, oblivious of the fact that he could not enjoy its fragrance. When she realized her mistake she tactfully tried to take the flower away.

"Oh, leave it to me," said the blind hero, touching it lovingly. "A rose is such a beautiful thing!" The visitor left the blind soldier still "looking" at the rose!

Blind people usually want to know what their friends, acquaintances, and the personalities of whom they have heard look like. A woman delighted the soldiers at the Lighthouse. She was not witty, wise, nor a coquette. But they said that they always liked to see her "because she was so pretty!"

The imagination does much to paint the picture for the blind, but there is something else which helps him to grasp beauty. The scientist, the philosopher and the psychologist have not yet classified it. Only a few have recognized it, but it is there. Like electricity, radium or wireless waves, it will some time take its place as a recognized light-giving force. When this has come to pass, we shall feel that we have lifted a little further that veil before the unknown which often keeps those who have eyes from seeing, but which sometimes gives to the inner eye of the blind that Light which no calamity can darken.

VII

BRIEF DO'S AND DONT'S

*To Prevent Blindness **

I. Clean living and high thinking are the corner-stones for clear seeing and far seeing. Be clean and you can most probably count on your eyes.

Immorality, high living and bad drink take a heavy toll of eyes. In the census of the blind in the State of New York, the largest proportion of loss of sight was among men past the school age. Many of these were blind from bad living, the consequence of which can be handed on from generation to generation. Twelve generations of blindness are recorded resulting from dissipation. As many as three innocent persons in one generation inherited the family curse.

* Written at the request of The Senior Consultant in Ophthalmology for the A. E. F., by Winifred Holt and Dorothy Richardson, now Mrs. George Lincoln.

II. Avoid amateur oculists or a friend's assistance if it is possible to get to dressing station or hospital for expert treatment of an irritated or wounded eye.

Sight has often been lost through using a pencil or unsterile rag in trying to remove dust or cinders from the eye. It is the most delicate organ in the body and should be touched with the greatest caution.

Remember that if you carelessly lose an eye, the Nursery Jingle will probably not help you out:

“In our town there lived a man and
he was wondrous wise,
He jumped into a bramble bush and
scratched out both his eyes,
And when he found his eyes were
gone, with all his might and
main,
He jumped into another bush and
scratched them in again.”

III. Be careful not to touch your eyes with fingers which may carry dirt, infection, acid or other sight-destroying things.

The Orient has the largest percentage of blindness, because it is against the religion of the people to

destroy dirty infection-carrying insects.

IV. Don't experiment with "empty" firearms.
Remember the epitaph:

"Here lies the man whose crown was
won
By blowing through an empty gun;
No sooner through the gun he blew,
Than up the golden stairs he flew,
And met the maid on Heaven's green
Who lit the fire with kerosene."

V. Don't light the fire with kerosene, and be careful of canned heat. It flares up unexpectedly and cannot always be controlled when the wind blows the flame your way.

Other paragraphs (for which it is hoped there will be small need in future) of the original DO's AND DONT's, were the following:

No matter how brave you are, remember that a good soldier takes care of his "pals" and himself. "Duck" when you can to avoid flying fragments. Many fatalities come from false pride or bravado. True pride makes a man keep himself "fit" as long as he can for Service.

Soldiers have been blinded because of indiscreet handling of ammonia or other dangerous compositions or rubbing the eyes with hands which have held gas shells, etc.

Wear your helmets in the danger zone. The largest toll of blindness in the war can probably be accounted for by lack of helmets for the first troops of the Allies who met the fully prepared and protected Germans.

Don't be a "souvenir" hunter. The shell or grenade which you would like to carry home to your wife may leave her a widow.

Put on your masks quickly. Keep them in order and clean the lenses with the solution given you for that purpose. Dirty lenses by infecting your eyes might take your sight, but gas, unless it kills, will only blind temporarily.

VIII

A WORD TO THE BLIND

Many prisoners have lightened their captivity by remembering that self-pity is one of the last of infirmities. You will be unhappy if you are selfishly thinking of yourself; don't! Think of "the other fellow." There is usually some one far worse off than you are, who needs your pity and your help. No matter how sad your plight may be, be economical and don't waste your sympathy on yourself. "Get busy!" Work out your salvation. You are brave enough to do it. Where there's work there's hope—which begets faith, joy and light through work.

APPENDIX

Miss Winifred Holt founded Lighthouse No. 1, The New York State Association for the Blind, in New York. It was opened by ex-President Taft and visited by President Harding. Subsequently she started eight other Beacons for the Blind in various countries; those which continue since the cessation of the war are under the patronage of their respective Governments, controlled by a local executive committee, and directed in Poland by Princess Sapieha, Honorary Secretary, in France by Mlle. de Villedon de Courcon, in Italy by the Marchesa Roera di Constanza, and in America by Miss Fiske Rogers.

Miss Holt is a Chevalier of the Legion of Honor, and is one of the three women to whom the Golden Medal for National Sanitation has been given in Italy. She further has the Golden Medal for distinguished service in France, the Golden Medal of the Institute of Social Sciences in America, a Belgian Medal for life-saving, and various other decorations.

Miss Holt has been received in private audience on three occasions by the Queen of Italy, has had private audiences with the King of the Belgians and

has shown the President of the French Republic the work of the French Lighthouse, as well as being hostess on four occasions to Presidents of the United States.

In addition to the Lighthouses actually founded by Miss Holt there are many other institutions which owe their inception to her enthusiasm and example. She has represented the United States of America in England on two occasions of International Congresses. She formed a ticket bureau for the blind in London, under Royal patronage, and was accredited to the government of that country by autographed letter by the President of the United States.

She has written many articles, including special articles for the *New York Times*, and her first book, "A Beacon for the Blind," was printed in England, with an introduction by the Right Honourable Viscount Bryce, and issued in French with an introduction by the Marquis de Vogüé. A story for children, written by her, was not only reproduced in various tactile systems for the blind, but was printed in Esperanto.

In the following pages are reprinted a few of the more interesting letters of appreciation she has received.

A LETTER FROM HER MAJESTY THE QUEEN
OF ITALY AFTER CONSIDERING THE
PLANS OF THE ITALO-AMERICAN
COMMITTEE

COURT OF HER MAJESTY, THE QUEEN

Rome, March 31, 1920

DEAR MISS HOLT:

Her Majesty, the Queen charges me to return to you the outline and plans of the publication by means of which the Italo-American Committee intends to promote the development of the worthy work launched by it, for the protection of the Blind and the Prevention of Blindness.

Her Majesty, in renewing her fervent thanks for your kindness in communicating to her these documents, once more desires to express her vivid interest in the work of the Committee, and likewise, her sincere wishes that its programme, so highly humanitarian, may be carried out completely and efficaciously.

I am, therefore, pleased to act as the interpreter of these benevolent sentiments as expressed by the August Sovereign which, if you wish, you may make mention of in the above publication, the royal approval could not be allowed in any other form.

Pray accept, dear Miss Holt, the expressions of my sincere sentiments.

(Signed) COUNTESS GUICCIARDINI CORSI.

A LETTER FROM HER MAJESTY THE QUEEN
OF ITALY AFTER HER INSPECTION OF
THE ITALIAN LIGHTHOUSE

COURT OF HER MAJESTY, THE QUEEN

Rome, February 28, 1922

DEAR MISS HOLT:

It was with the liveliest satisfaction that Her Majesty the Queen took part in the inauguration of the splendid Italian Lighthouse. The August Sovereign, who has always followed with especial interest the beneficent activity displayed by you, desires me to assure you of her deep sense of satisfaction; and I, in executing the gracious charge, avail myself, with pleasure, of the opportunity to offer you the expression of my high appreciation.

(Signed) COUNTESS GUICCIARDINI CORSI,
Lady in Waiting to Her Majesty.

ONE OF THE MANY LETTERS FROM
HELEN KELLER

DEAR MISS HOLT:

The people will hold up your hands when their social duty to the blind is made plain. Let it only be brought home to their hearts that the blind are not hopelessly doomed to idleness, that with intelligent aid they may become honorable, useful citizens, and your appeal will not be in vain.

It is for the public to supplement your work. It is for the public to make permanent what has already been begun.

(Signed) HELEN KELLER.

A LETTER FROM THE LATE GROVER CLEVELAND

The New York Association for the Blind has undertaken a noble benevolence. The feature of its work that appeals to me strongest is that which contemplates the fitting of the blind by instruction and encouragement for self-support. I know from experience and observation how much can be done in this direction, and how easy it is, in the absence of such effort, for the blind to fall into the way of dwelling upon their deprivation as entitling them to bald and irredeemable charity.

Yours very sincerely,

GROVER CLEVELAND.

EXTRACT FROM A SPEECH DELIVERED BY EX-
PRESIDENT WILLIAM HOWARD TAFT AT
THE OPENING OF THE NEW YORK
LIGHTHOUSE

EX-PRESIDENT TAFT said in part:

"To bring about as near an equality of opportunity for all who are born into this world as can be. That is the reason why we are here, because those of us who are blest with sight feel that those who have not sight have not had as yet a square deal and that it is the duty of those who are in better case to help those who are not, and to do it through the State, and through every other agency that modern methods approve.

"We find in the course of attempting to help these unfortunates who cannot see that we do best for them when we offer to them an opportunity to help themselves. By a little aid in one direction and another, to enable them to apply the faculties they have not, we can help them.

"We are here to help those who have only four of the senses and have lost the fifth, to make the four do the work of five and to enable them to do that, to teach them how they can do it, and to find satisfaction after they apply themselves to it in the fact that Nature helps them in the very absence of that sense of sight to supplement it in some way by increasing the intensity of the other senses.

"Now we are here to congratulate those whose work it is, at the head of which is institution, and those who are here, who are to receive the benefits of this our friend, Miss Holt, on having taken a substantial step towards the ideal which we would form of ameliorating the loss of one of the five senses, and helping with the four senses to accomplish what other people do with five."

A LETTER FROM EX-PRESIDENT WILSON TO
AMBASSADOR PAGE, INFORMALLY CON-
FIRMING MISS HOLT'S APPOINTMENT
AS REPRESENTATIVE AT THE IN-
TERNATIONAL CONFERENCE ON
MATTERS RELATING TO THE
BLIND

THE WHITE HOUSE

Washington,
May 13, 1914

MY DEAR MR. AMBASSADOR:

Miss Winifred Holt, who is the daughter of Henry Holt, the New York publisher, and who will hand you this letter, has been appointed by some organization interested in the blind as a delegate to represent it in the International Conference on Matters Relating to the Blind which will be held in London from the 18th to the 24th of June next.

Miss Holt has taken a great interest in the blind and was a promotor of the Light House, an institution in New York devoted to the service of this unfortunate class.

We have a law which prevents the Executive from making appointments to international conferences of this character without special authority of Congress and while, in the absence of such authority we are unable to appoint delegates on part of the United States to the Congress mentioned, I should be very glad if you could informally say to the President of the Conference that we are in entire sympathy with the humanitarian object of the conference and that Miss Holt bears the Conference the best wishes of myself and the people of this country.

Sincerely yours,

(Signed) WOODROW WILSON.

HON. WALTER H. PAGE,

American Ambassador to Great Britain.

A LETTER DICTATED BY PRESIDENT HARD-
ING TO A BLIND STENOGRAPHER AT
THE NEW YORK LIGHTHOUSE

Do let me express my most sympathetic and cheering greetings to those of the Lighthouse, and wish them and all who seek to do for them the greatest success in adding to the light of happiness in the world.

(Signed) WARREN G. HARDING.

EXTRACT FROM THE PREFACE WRITTEN FOR
THE FRENCH EDITION OF "A BEACON
FOR THE BLIND" BY THE LATE
MARQUIS DE VOGÜÉ

From day to day grows the number of women of the United States who . . . create for themselves an independent career in letters, politics, national affairs, and above all in humanitarian and charitable work.

To this high class belongs Miss Winifred Holt, who has consecrated herself with untiring devotion to the professional education of the blind. Applying the methods created by our own Valentin Haüy and perfected in our day by his eminent successors, adding thereto the fruits of her personal experience, she has founded a corps of experienced teachers who render, in America, the greatest services. Inspired by the generous sympathy for France which has manifested itself in the United States and has so largely contributed to the relief of the victims of the war, she has placed at the disposal of the Military *Service de Santé* and the French Red Cross her methods and her personnel, and a great number of soldiers, deprived of their sight, are already profiting by her charitable activity.

THE LETTER FROM THE FRENCH AMBAS-
SADOR ENCLOSING MISS HOLT'S CITATION
FOR THE LEGION OF HONOR

AMBASSADE
DE LA REPUBLIQUE FRANÇAISE
AUX ETATS-UNIS

Washington,
le January 11, 1922

DEAR MISS HOLT:

I have just received from my Government the brevet of Knight of the Legion of Honor destined for you.

It affords me particular pleasure to send it to you herewith. Knighthood fits admirably one who, animated with true knightly feelings, devoted her life to those whose fate seemed to be especially worthy of pity.

Allow me to express to you my best compliments on this occasion, and believe me,

Very respectfully and sincerely yours,

(Signed) JUSSEMAND.

MISS WINIFRED HOLT,
111 East 59th Street,
New York.

A LETTER FROM THE PRIME MINISTER OF FRANCE

MINISTÈRE DES
AFFAIRES ÉTRANGÈRES

Paris, February 3, 1921

MY DEAR MISS HOLT:

The Government of the Republic has learnt with the utmost satisfaction that the Franco-American Committee of which you are President, has decided to continue the work of the Phare de France, which you founded in the month of July, 1915, and which, thanks to your efforts and admirable devotion, has become a centre of re-education and a meeting place for the War Blind of France.

It is my privilege to thank you for a decision, of which you are the instigator, and which does honour to the Franco-American Committee.

The Phare de France has rendered innumerable services to the hundreds of blind whom it has aided with an untiring generosity. It has already acquired for itself the gratitude of France and I am convinced that, faithful to the traditions of six years, it will long continue to bring consolation to the former officers and soldiers of the great war.

Be so good as to receive, Mademoiselle, my respectful homage.

(Signed) A. BRIAND.

LETTER DICTATED TO A BLIND STENOGRAPHER BY THE POLISH MINISTER TO THE UNITED STATES AT THE NEW YORK LIGHTHOUSE

July 22, 1921

I am very pleased to see the admirable work of Miss Holt for the blind, and also the admirable work done by the blind. I am very much touched to see with what skill and endurance they do their work. I am sure their work is not only of great use to people who will buy and use these things, but at the same time it is a very great consolation for the blind themselves and for humanity.

(Signed) LIBOUMIRSKI.

AN APPRECIATION BY ADMIRAL SIMS

SENT WITH A NOTE TO MISS HOLT IN PARIS AFTER AN
INSPECTION OF THE FRENCH LIGHTHOUSE

It is doubtful whether those who see can imagine what it means for a strong man in the possession of all his faculties suddenly to be reduced by blindness to a condition of impotence, often resulting in manifestations of despair that are pitiable in the extreme.

Notwithstanding the inertia of the thoughtlessly indifferent and the well intentioned doubts of the uninformed, a great, useful, and wonderful work of mercy has been done in bringing light into the lives of these unfortunates, particularly the heroic souls of the Allied Armies and Navies who have lost their sight in the great cause.

Not only has something of the joy of living been restored to these fine men, but they all have been taught to be useful to society in many ways.

As one of those who are in a measure responsible for the welfare and happiness of the men they have commanded, and as representing those of my branch of the American Military Services, I am glad of the opportunity of expressing my gratitude to the Committee for Men Blinded in Battle and to Miss Winifred Holt and the Workers of Lighthouse No. 3, Paris, France.

(Signed) WILLIAM S. SIMS.

Enclosure from Admiral William S. Sims, commanding the Navy of the A. E. F., with letter dated November 19, 1918.

A LETTER FROM GENERAL PERSHING

May 9, 1918

MY DEAR MISS HOLT:

You have my profoundest sympathy in your splendid work with soldiers blinded in battle, and I shall do all in my power to help you.

(Signed) JOHN J. PERSHING,
Commander-in-Chief of the A. E. F.

NOTE: General Pershing was a member, with Bishop Brent, of the special Committee of the French Lighthouse. He sent Miss Holt and her aide in a Staff motor from G. H. Q., Chaumont, to facilitate her work in finding the first blind of the A. E. F.

A LETTER FROM THE SURGEON-GENERAL OF
THE A. E. F., WRITTEN SHORTLY BEFORE
HIS PROMOTION TO THAT OFFICE

AMERICAN EXPEDITIONARY FORCES

France, 4th December, 1918

MISS WINIFRED HOLT,
Le Phare de France,
14, Rue Daru, Paris.

MY DEAR MISS HOLT:

On behalf of the first of our soldiers to be blinded in battle and speaking for the Medical Department of the American Expeditionary Forces, I wish to express my thanks and appreciation for your generous offer of personal service and the use of your institution to us at the beginning of America's appearance on the battle field.

Although it was impossible to send our blinded soldiers to the Phare de France, but necessary to hold them in military hospitals, we accepted your offer of personal service at the beginning and you and your assistants gave our first blinded soldiers comfort and preliminary instruction. Afterwards, your services and those of your assistant, Miss Dorothy Richardson, at Vichy were much appreciated. Later on when the blinded were removed to Savenay for embarkation, and it was decided to collect for the future all of these patients there, you were kind enough to release to our use Miss Richardson, whose services since that time have been of the very highest order.

You also offered to resign from your work in the Phare de France to enter the A. E. F., but it was not thought right or proper to take you from your work.

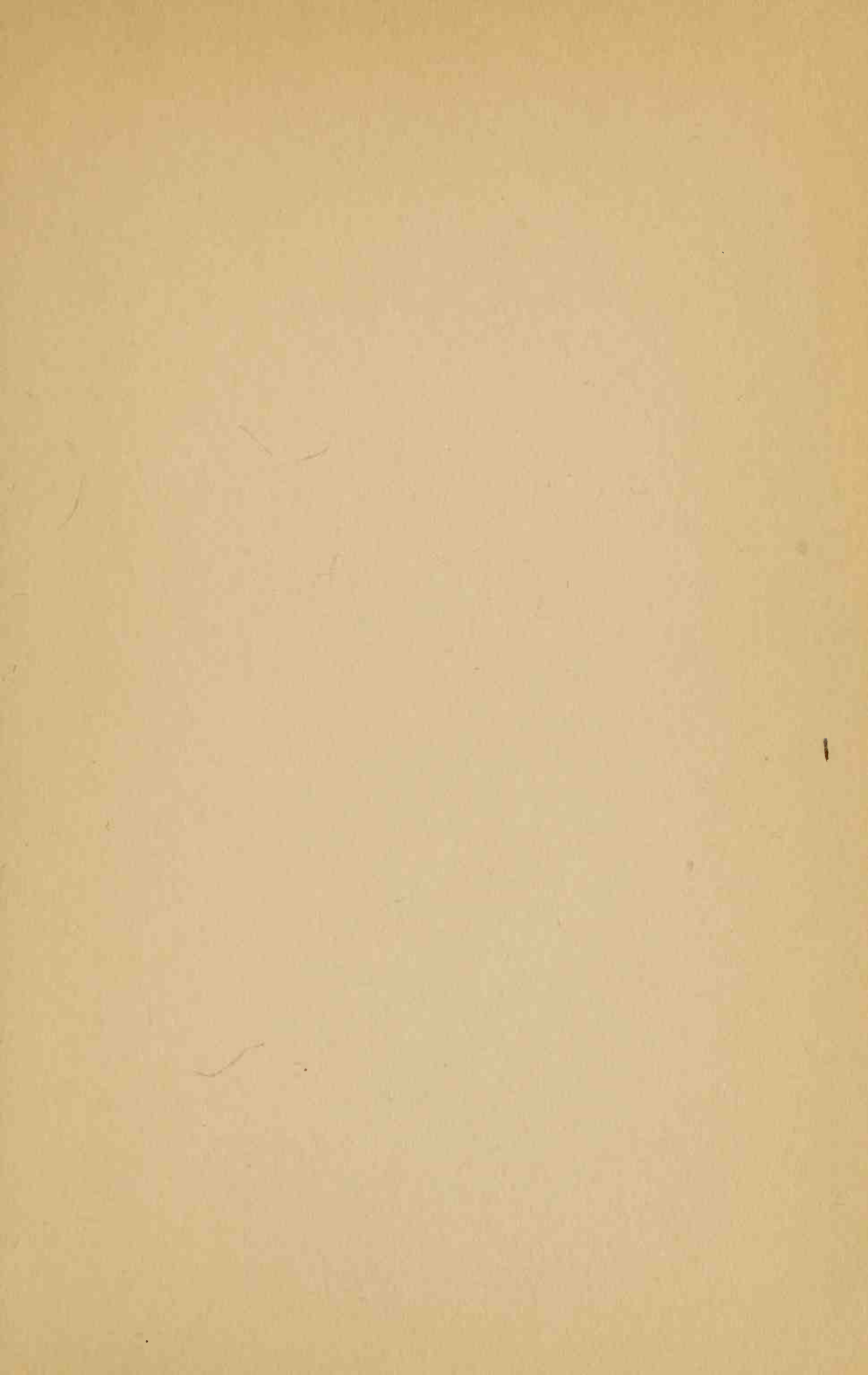
In comparison with the other allied nations we have been fortunate enough to suffer but little from total blindness

among our battle casualties. Up to date there have been three officers and 60 enlisted soldiers totally blind.

You have the satisfaction of knowing that you at the very first were enabled to be of use to our blind, and for your generosity and efficient work I am indeed grateful. Through you I would also like to express the gratitude of the Medical Department of A. E. F. to Miss Richardson.

With kindest regards and hoping that you may be permitted to continue your great work with the blind for many years, I am,

Most sincerely yours,
WALTER W. McCaw,
*Colonel Medical Corps,
Chief Surgeon.*



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